

Vet men 40 - 49**Writtle University College****04/12/2021**

Pos	No	Name		Club
1	640	Rob Warner	V40	Havering AC
2	684	Chris Burgoyne	V40	Springfield Striders
3	608	Crispian Bloomfield	V45	Billericay Striders
4	667	Nick Shasha	V45	Orion Harriers
5	675	Lee Taylor	V45	Southend on Sea AC
6	673	Christian Holmes	V45	Southend on Sea AC
7	680	James Sullivan	V40	Springfield Striders
8	631	Richard Heath	V45	Great Bentley Running Club
9	644	Jason Lendon	V45	Havering AC
10	620	Jonathan Nears	V45	Colchester Harriers AC
11	615	Dan Widdowson	V40	Colchester Harriers AC
12	629	Doug McGillivray	V40	Great Bentley Running Club
13	692	Heydon Mizon	V45	Witham RC
14	653	Malcolm Muir	V45	Ilford AC
15	663	Brian Jenkins	V40	Orion Harriers
16	645	Gavin Maley	V40	Havering AC
17	676	Antony Goodall	V45	Springfield Striders
18	674	Matthew Randall	V45	Southend on Sea AC
19	677	Alex Manton	V40	Springfield Striders
20	683	Paul Miles	V40	Springfield Striders
21	647	Rob Trevor	V40	Havering AC
22	648	Steve Rand	V45	Havering AC
23	605	Simon Lashmar	V45	Billericay Striders
24	686	Shawn Brown	V40	Thurrock Harriers AC
25	655	Fabrizio Stefanoni	V45	Ilford AC
26	685	Jonathan Hughes	V40	Springfield Striders
27	613	Simon Knightbridge	V45	Chelmsford AC
28	641	Jason Crispin	V40	Havering AC
29	660	Jon Whitehouse	V45	Loughton AC
30	662	Bob Glasgow	V45	Orion Harriers
31	616	Paul Rodgers	V45	Colchester Harriers AC
32	652	Danny Holeyman	V45	Ilford AC
33	639	James Blog	V40	Havering AC
34	678	David Lindsay	V40	Springfield Striders
35	600	Roy Harwood	V45	Benfleet RC
36	611	Nick Hunter	V45	Chelmsford AC
37	612	Will Parrott	V40	Chelmsford AC
38	638	Martin Chester	V45	Havering AC
39	649	Ian Anthony	V40	Havering AC
40	606	Spencer Welch	V45	Billericay Striders
41	630	Craig Mitchell	V45	Great Bentley Running Club
42	665	Neil McGoun	V40	Orion Harriers
43	642	Graham Hogan	V45	Havering AC
44	669	Stephen Thompson	V45	Orion Harriers
45	618	Jerry Walder	V45	Colchester Harriers AC
46	632	Matthew Julier	V40	Great Bentley Running Club

47	664	Phu Ly	V40	Orion Harriers
48	614	Simon Bowring	V45	Chelmsford AC
49	627	Charles Keitch	V40	Great Bentley Running Club
50	668	Colin Smith	V45	Orion Harriers
51	604	Geoff Kiely	V40	Billericay Striders
52	694	Rob Frost	V40	Witham RC
53	671	Jamie Enever-Dodd	V40	Phoenix Striders
54	657	Darren Murphy	V40	Little Baddow Ridge Runners
55	670	Jimmy Justice	V40	Phoenix Striders
56	628	Rob Dyer	V40	Great Bentley Running Club
57	679	David Weldon	V45	Springfield Striders
58	697	Chris Surfield	V45	Springfield Striders
59	619	Ian Rattray	V45	Colchester Harriers AC
60	622	Daniel Meecham	V40	Colchester Harriers AC
61	666	John Sable	V40	Orion Harriers
62	682	Jon Byford	V45	Springfield Striders
63	609	Mark Meader	V45	Brentwood Running Club
64	636	Sam Wolton	V40	Halstead Road Runners
65	621	Dan Macey	V45	Colchester Harriers AC
66	659	Michael Greenslades	V45	Little Baddow Ridge Runners
67	689	Bryn Gibbons	V45	Tiptree Road Runners
68	681	Benjamin Sutherland	V40	Springfield Striders
69	607	Alasdair Daw	V45	Billericay Striders
70	672	Michael Gould	V40	Pitsea Running Club
71	602	Tony Agg	V45	Billericay Striders
72	603	Sacha Petrovic	V45	Billericay Striders
73	633	Jonathan Briggs	V45	Great Bentley Running Club
74	635	Keith Brades	V45	Havering '90 Joggers
75	661	Steve Worrall	V45	Loughton AC
76	637	Phil Jeffries	V40	Halstead Road Runners
77	690	Jason Lilley	V40	Witham RC
78	634	Jason Hetterley	V45	Havering '90 Joggers
79	688	Ben Hall	V40	Tiptree Road Runners

<u>Time</u>	<u>Team Result</u>	
26: 27	1 Springfield Striders	45
27: 07	2 Havering AC	47
11	3 Orion Harriers	91
25	4 Colchester Harriers AC	97
27	5 Great Bentley Running Club	107
41	6 Billericay Striders	117
53	7 Havering AC 'B'	121
54	8 Springfield Striders 'B'	137
56	9 Chelmsford AC	148
28: 15	10 Orion Harriers 'B'	202
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Men V50**Writtle University College****04/12/2021**

Pos	No	Name		Club
1	426	David Tullett	V55	Chelmsford AC V50
2	535	Lee Martin	V50	Springfield Striders V50
3	538	Mark Waine	V50	Springfield Striders V50
4	431	Colin Ridley	V55	Colchester Harriers AC V50
5	432	Allen Smalls	V50	Colchester Harriers AC V50
6	502	Adam Baker	V50	Orion Harriers V50
7	513	Colin Read	V50	Orion Harriers V50
8	547	Scott Rice	V50	Thurrock Harriers AC V50
9	527	Craig Dyce	V50	Saffron Striders V50
10	427	Peter Waite	V50	Chelmsford AC V50
11	445	Paul Mingay	V60	Colchester Harriers AC V60
12	529	Alec Kyrakides	V55	Southend on Sea AC V50
13	434	Paul Spowage	V55	Colchester Harriers AC V50
14	514	Scott Reid	V50	Orion Harriers V50
15	436	Kevin Higgins	V50	Colchester Harriers AC V50
16	534	Scott Dryden	V50	Springfield Striders V50
17	518	Tim Wright	V50	Orion Harriers V50
18	565	Pete Riley	V50	Witham RC V50
19	510	Declan Hamblin	V50	Orion Harriers V50
20	479	Gary Atkins	V50	Havering AC V50
21	425	Peter Tullett	V60	Chelmsford AC V60
22	568	Richard Holland	V60	Woodford Green and Essex Ladies AC
23	537	Paul Broome	V55	Springfield Striders V50
24	526	Jon Cooke	V50	Saffron Striders V50
25	405	Anthony Moore	V50	Billericay Striders V50
26	560	Leo Cole	V50	Witham RC V50
27	459	Steven Read	V50	Grange Farm & Dunmow Runners V50
28	480	John Barker	V55	Havering AC V50
29	430	Peter West	V55	Colchester Harriers AC V50
30	474	Robin Brookes	V50	Harwich Runners V50
31	533	Peter Chubb	V50	Springfield Striders V50
32	562	Owen Dare	V55	Witham RC V50
33	407	Neil Jennings	V50	Billericay Striders V50
34	435	Paul Dellar	V50	Colchester Harriers AC V50
35	416	Richard Bonham	V50	Castle Point Joggers V50
36	439	Russell Goodridge	V50	Colchester Harriers AC V50
37	536	Paul Jeggo	V60	Springfield Striders V60
38	486	Terry Knightley	V60	Ilford AC V60
39	496	Steve Palmer	V50	Loughton AC V50
40	532	Chris Purse	V60	Springfield Striders V60
41	401	Nick Rankin	V60	Benfleet RC V60
42	484	Tony Pecoraro	V55	Havering AC V50
43	566	David Carey	V50	Witham RC V50
44	550	Jonathan Metcalf	V60	Thurrock Harriers AC V60

45	443	James Waterson	V50	Colchester Harriers AC V50
46	561	Simon Scott	V55	Witham RC V50
47	441	David Hilson	V55	Colchester Harriers AC V50
48	433	Simon Smith	V55	Colchester Harriers AC V50
49	546	Eamonn Shelley	V60	Thurrock Harriers AC V60
50	494	Chris Hargraves	V50	Little Baddow Ridge Runners V50
51	530	Matt Aitken	V55	Southend on Sea AC V50
52	460	Michael Simmons	V55	Great Bentley Running Club V50
53	556	Mark Lawes	V50	Tiptree Road Runners V50
54	563	Simon Cresswell	V50	Witham RC V50
55	487	Neil Crisp	V55	Ilford AC V50
56	438	Chris Stevenson	V60	Colchester Harriers AC V60
57	549	Christopher Applegate	V60	Thurrock Harriers AC V60
58	400	Alan Clark	V55	Benfleet RC V50
59	495	Mark Duncan	V60	Little Baddow Ridge Runners V60
60	548	John O'Shea	V60	Thurrock Harriers AC V60
61	483	Roy James	V50	Havering AC V50
62	410	Stephen Foggo	V60	Billericay Striders V60
63	511	Andrew Lunn	V50	Orion Harriers V50
64	444	Dave Wright	V60	Colchester Harriers AC V60
65	452	Calvin Bobin	V65	East London Runners V60
66	524	Martin Orford	V55	Pitsea Running Club V50
67	512	Rob Moore	V55	Orion Harriers V50
68	404	Eamon Brown	V65	Billericay Striders V60
69	406	Colin White	V50	Billericay Striders V50
70	515	John Smith	V60	Orion Harriers V60
71	531	Dean McLeod	V60	Springfield Striders V60
72	421	Rick Wade	V50	Castle Point Joggers V50
73	544	Michael Thomas	V50	Springfield Striders V50
74	542	Ian Gowers	V50	Springfield Striders V50
75	492	Gerry McGovern	V60	Little Baddow Ridge Runners V60
76	500	Clifford Weatherup	V65	Mid Essex Casuals V60
77	412	Andrew Morris	V60	Billericay Striders V60
78	462	Adebayo Mabo	V50	Havering '90 Joggers V50
79	519	Philip Warner	V55	Phoenix Striders V50
80	521	Colin Wilkinson	V55	Phoenix Striders V50
81	525	David Beatty	V50	Pitsea Running Club V50
82	449	Ian Mackie	V65	East London Runners V60
83	528	Peter Binns	V70	Southend on Sea AC V60
84	493	Peter Hodgson	V50	Little Baddow Ridge Runners V50
85	424	Michael Bridgeland	V60	Chelmsford AC V60
86	467	Lee Young	V50	Havering '90 Joggers V50
87	478	Phil Sanderson	V55	Harwich Runners V50
88	509	Simon Haigh	V50	Orion Harriers V50
89	523	Donald Sinclair	V65	Pitsea Running Club V60
90	498	Paul Tawn	V60	Mid Essex Casuals V60
91	503	Gary Bartlett	V60	Orion Harriers V60
92	539	Tim Brockington	V65	Springfield Striders V60

93	473	Kim Pretty	V65	Harwich Runners V60
94	504	Bill Bennett	V60	Orion Harriers V60
95	454	Paul Thompson	V50	East London Runners V50
96	488	Tony Young	V55	Ilford AC V50
97	551	Bernard Johnson	V65	Thurrock Harriers AC V60
98	541	Raymond Charlton	V55	Springfield Striders V50
99	472	Alan Fancy	V55	Halstead Road Runners V50
100	553	Iain Rhodes	V60	Tiptree Road Runners V60
101	545	Gary Rowlatt	V50	Thurrock Harriers AC V50
102	470	Andy Carter	V60	Halstead Road Runners V60
103	465	Vince Charman	V55	Havering '90 Joggers V50
104	475	Steve Manley	V55	Harwich Runners V50
105	499	James Goddard	V60	Mid Essex Casuals V60
106	555	Edward Skinner	V65	Tiptree Road Runners V60
107	517	Paul Williams	V60	Orion Harriers V60
108	415	Graham Jones	V55	Billericay Striders V50
109	451	Michael Wilson	V60	East London Runners V60
110	422	John Freed	V55	Castle Point Joggers V50
111	544	Michael Thomas	V50	Springfield Striders V50
112	428	Arthur Whiston	V70	Colchester Harriers AC V60
113	419	Kevin Steed	V60	Castle Point Joggers V60
114	463	Darren Radford	V55	Havering '90 Joggers V50
115	506	Simon Carter	V50	Orion Harriers V50
116	543	David Kelly	V65	Springfield Striders V60
117	489	Steve Cheal	V60	Ilford AC V60
118	457	Gabriel Ellenberg	V60	Eton Manor AC V60
119	540	Stephen Parr	V50	Springfield Striders V50
120	458	Stephen Burr	V55	Eton Manor AC V50
121	490	Ernie Forsyth	V65	Ilford AC V60
122	409	Ricky Lee	V50	Billericay Striders V50
123	557	Nick Archer	V60	Tiptree Road Runners V60
124	468	Tony Gray	V60	Havering '90 Joggers V60
125	501	Brian Butcher	V70	Mid Essex Casuals V60
126	450	John O'Brien	V50	East London Runners V50
127	558	Paul Graves	V65	Tiptree Road Runners V60
128	491	Rob Sargeant	V65	Ilford AC V60
129	423	Russell Bost	V60	Castle Point Joggers V60
130	420	Nicholas McCullagh	V65	Castle Point Joggers V60
131	520	Peter Eates	V65	Phoenix Striders V60
132	477	Julian Cordwell	V65	Harwich Runners V60
133	464	Steve Sheekey	V70	Havering '90 Joggers V60
134	417	Mark Collins	V50	Castle Point Joggers V50
135	522	Peter Bates	V70	Pitsea Running Club V60
136	461	Lee Kyson	V65	Havering '90 Joggers V60
137	413	Ernie Easterby	V70	Billericay Striders V60

<u>Time</u>	<u>Team Result</u>	
28: 09	1 Colchester Harriers AC V50	37
52	2 Orion Harriers V50	44
55	3 Springfield Striders V50	44
29: 03	4 Witham RC V50	119
17	5 Colchester Harriers AC V50 'B'	144
23	6 Havering AC V50	151
29	7 Billericay Striders V50	235
36	8 Orion Harriers V50 'B'	237
52	9 Springfield Striders V50 'B'	276
56	10 Castle Point Joggers V50	351
30: 01	11 Havering '90 Joggers V50	381
02		
11	1 Thurrock Harriers AC V60	210
18	2 Springfield Striders V60	240
24	3 Colchester Harriers AC V60	243
36	4 Billericay Striders V60	344
39	5 Orion Harriers V60	362
51	6 Mid Essex Casuals V60	396
56	7 Ilford AC V60	404
57	8 Tiptree Road Runners V60	456
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Veteran women**Writtle University College****04/12/2021**

Pos	ID	Name	Club
1	313	Lindsey Coleman	V40 Southend on Sea AC V40
2	323	Samantha Bilbie	V45 Springfield Striders V40
3	217	Tracy English	V45 Colchester Harriers AC V40
4	333	Kathryn Spring	V40 Thurrock Harriers AC V40
5	327	Nikki Woodyard	V40 Springfield Striders V40
6	233	Claire Hall	V45 Grange Farm & Dunmow Runners V40
7	309	Rebecca White	V40 Saffron Striders V40
8	268	Alison Trauttmansdorff	V50 Loughton AC V50
9	220	Denise Morley	V50 Colchester Harriers AC V50
10	216	Wendy King	V40 Chelmsford AC V40
11	219	Sarah Stradling	V45 Colchester Harriers AC V40
12	269	Mary Knapman	V40 Loughton AC V40
13	315	Lee Anne Cann	V45 Southend on Sea AC V40
14	290	Anna Louis	V50 Orion Harriers V50
15	344	Jayne Atkinson	V40 Tiptree Road Runners V40
16	252	Rachael Roughan	V40 Halstead Road Runners V40
17	332	Polly Bridgman	V40 Springfield Striders V40
18	289	Christine Kennedy	V65 Orion Harriers V60
19	297	Kristina Read	V40 Phoenix Striders V40
20	222	Alexandra Hennessy	V45 Colchester Harriers AC V40
21	343	Ronwen Redbelli (Rowena De B)	V40 Tiptree Road Runners V40
22	274	Lorna Gaffney	V50 Loughton AC V50
23	223	Annette Oakman	V45 Colchester Harriers AC V40
24	317	Rebecca Taylor	V50 Southend on Sea AC V50
25	310	Lucie Heanley	V40 Saffron Striders V40
26	210	Kathleen Short	V45 Brentwood Running Club V40
27	239	Rachel Taylor	V45 Great Bentley Running Club V40
28	211	Nicola Burney Gunn	V45 Brentwood Running Club V40
29	235	Magdalena Komorowska	V40 Great Bentley Running Club V40
30	331	Emily Smith	V40 Springfield Striders V40
31	224	Katie Gibson	V50 Colchester Harriers AC V50
32	311	Kasia Kostyrka-Allchorne	V40 Southend on Sea AC V40
33	234	Julie Lund	V45 Grange Farm & Dunmow Runners V40
34	358	Rachel Pearsons	V45 Witham RC V40
35	300	Serena Jones	V45 Phoenix Striders V40
36	302	Hazel Greatbatch	V40 Pitsea Running Club V40
37	237	Inga Hayden-Cooper	V50 Great Bentley Running Club V50
38	221	Melissa Dowell	V55 Colchester Harriers AC V50
39	293	Jo Plumb	V50 Orion Harriers V50
40	267	Mel Jones	V50 Ilford AC V50
41	201	Christine Deacon	V60 Billericay Striders V60
42	236	Tricia Stacey	V50 Great Bentley Running Club V50
43	242	Lynsey Cornwell	V40 Havering '90 Joggers V40
44	270	Sharon Palmer	V45 Loughton AC V40

45	319	Isobel Gowers	V45	Springfield Striders V40
46	283	Mary Armitage	V55	Orion Harriers V50
47	272	Georgina Taylor	V40	Loughton AC V40
48	277	Sharon Skidmore	V50	Mid Essex Casuals V50
49	232	Louise Vacher	V55	Eton Manor AC V50
50	262	Alison Sale	V55	Ilford AC V50
51	330	Hilda O'Kelly	V55	Springfield Striders V50
52	273	Jenny Richards	V40	Loughton AC V40
53	226	Susan Waller-Toyne	V55	Colchester Harriers AC V50
54	322	Sarah (Kirsty) Williams	V45	Springfield Striders V40
55	241	Emma Bolton	V40	Havering '90 Joggers V40
56	288	Christine Inch	V60	Orion Harriers V60
57	275	Apryl Hammett	V45	Mid Essex Casuals V40
58	284	Hayley Barron	V50	Orion Harriers V50
59	225	Jenny Richardson	V60	Colchester Harriers AC V60
60	341	Sally Banyard	V50	Tiptree Road Runners V50
61	256	Alison Evans	V55	Harwich Runners V50
62	342	Jodie Wells	V40	Tiptree Road Runners V40
63	228	Sandra Preston	V55	East London Runners V50
64	249	Hannah Whale	V45	Halstead Road Runners V40
65	328	Juliet Warren-Penny	V55	Springfield Striders V50
66	203	Joanne Ling	V45	Billericay Striders V40
67	291	Karen Lyons	V50	Orion Harriers V50
68	338	Stacy Hember	V50	Tiptree Road Runners V50
69	227	Catriona Hoult	V45	East London Runners V40
70	326	Kelly Spencer	V40	Springfield Striders V40
71	202	Ann Robinson	V50	Billericay Striders V50
72	298	Beryl De Smedt	V60	Phoenix Striders V60
73	296	Alison Taylor	V40	Orion Harriers V40
74	250	Lisa Rodbourn	V55	Halstead Road Runners V50
75	253	Charlotte King	V40	Halstead Road Runners V40
76	320	Deborah Hitching	V45	Springfield Striders V40
77	276	Lorna Pettifer	V55	Mid Essex Casuals V50
78	213	Carol Wraight	V45	Castle Point Joggers V40
79	347	Anita Grainger	V50	Witham RC V50
80	214	Tina Burton	V40	Castle Point Joggers V40
81	264	Dianne Crisp	V55	Ilford AC V50
82	301	Jo Pearce	V55	Phoenix Striders V50
83	208	Jennifer Shelley	V40	Billericay Striders V40
84	292	Sarah Mills	V40	Orion Harriers V40
85	257	Elspeth Knott	V70	Harwich Runners V60
86	230	Hayley Dalton	V50	Eton Manor AC V50
87	357	Jenny Layley	V45	Witham RC V40
88	248	Anna Bambridge	V40	Halstead Road Runners V40
89	255	Christina Pretty	V60	Harwich Runners V60
90	282	Karen Allworthy	V60	Orion Harriers V60
91	305	Helen Williams	V65	Pitsea Running Club V60
92	263	Frieda Keane	V55	Ilford AC V50

93	339	Sharon Hardwicke	V55	Tiptree Road Runners V50
94	299	Elizabeth Cox	V40	Phoenix Striders V40
95	231	Mala Singh	V45	Eton Manor AC V40
96	324	Sarah Goodwin	V55	Springfield Striders V50
97	238	Claire Poole	V50	Great Bentley Running Club V50
98	278	Jackie Sibthorp	V55	Mid Essex Casuals V50
99	304	Caroline Wallis	V55	Pitsea Running Club V50
100	352	Karen Flowers	V50	Witham RC V50
101	205	Kathryn Scourfield	V55	Billericay Striders V50
102	295	Lisa Smith	V60	Orion Harriers V60
103	340	Sue Long	V55	Tiptree Road Runners V50
104	229	Alexandra Rutishauser-Perera	V40	East London Runners V40
105	348	Natalie Lilley	V50	Witham RC V50
106	345	Mandy Graves	V60	Tiptree Road Runners V60
107	303	Gillian Harrison	V65	Pitsea Running Club V60
108	207	Tracey Harman	V45	Billericay Striders V40
109	204	Lesley Smart	V50	Billericay Striders V50
110	260	Julia Galea	V65	Ilford AC V60
111	215	Tracy Minton	V50	Chelmsford AC V50
112	353	Celine Elson	V45	Witham RC V40
113	245	Christina Kelekun	V50	Havering '90 Joggers V50
114	349	Kerry Townsend	V55	Witham RC V50
115	244	Danielle Last	V45	Havering '90 Joggers V40
116	265	Launa Broadley	V50	Ilford AC V50
117	359	Chloe Woodhead	V40	Eton Manor
118	246	Laura Kelly	V50	Havering '90 Joggers V50
119	240	Lisa Gaskin	V50	Havering '90 Joggers V50
120	234	Julie Lund	V45	Grange Farm & Dunmow Runners V40

<u>Time</u>	<u>Team Result</u>	
30: 40	1 Springfield Striders V40	54
31: 52	2 Colchester Harriers AC V40	57
32: 20	3 Loughton AC V40	155
21	4 Halstead Road Runners V40	243
32	5 Springfield Striders V40 'B'	245
36		
45	1 Colchester Harriers AC V50	131
54	2 Orion Harriers V50	157
33: 22	3 Ilford AC V50	263
28	4 Tiptree Road Runners V50	324
55	5 Witham RC V50	398
34: 15		
59	1 Orion Harriers V60	266
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